

Peanut Butter Shake

If you can't seem to rid yourself of that sweet tooth, try this low-fat version of a shake.



Whip up this peanut butter milkshake for a fun dessert or treat. Packed with protein and healthy fat, it will keep your blood sugar in check and satisfy your sweet tooth. For a real treat, add 1/2 Tablespoon of sugar-free chocolate syrup.

Ingredients:

- 1 cup fat-free milk
- 1 small ripe banana (frozen is best)
- 2 teaspoons flax seed, ground
- 1 Tablespoon natural peanut butter

Preparation:

Blend until smooth. Tastes best when banana is frozen (make sure you take off the peel first before freezing). If not using frozen banana, add a couple of ice cubes to the blender.

Nutrition Facts

Yield 1 serving

Amount Per Serving

Calories 305

Fat 9 g

Saturated fat 1 g

Protein 14 g

Carbohydrates 42 g

Fiber 4 g

Sodium 205 mg

Cholesterol 5 mg

M52755 5/13
© 2013 United HealthCare Services, Inc.
Recipe Source: myOptumHealth



For more recipes and health information, visit myuhc.com[®]